

Grapevine



Our Fall Season begins...

with new activities and
the old familiar ones such as our
week-long Veterans Day Celebration
and the always spook-tacular
Halloween Party

Keep your eyes and ears open
so you won't miss out!



*The
GRAPEVINE*

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From the Administrator's Desk ...

It was gratifying to meet with so many of you in Grant Hall on Tuesday to lay before you the way in which Morale, Welfare & Recreation funds are spent. There was a great deal to cover, and you noticed we were rushing at the end, but the entire report is available to you by mail or e-mail.

"Transparency is important," said resident James B. Geen, "and we love it." It is a human tendency, when we are kept in the dark, to suspect the worst. The intent of the monthly meetings is to keep you informed about what your administration is doing. Your section leaders will pass your concerns to administration, and the staff and I will respond to them in these meetings. Your input is important, so let us know what your concerns are.

Perhaps lost in the rush at the end were some items of good news. "It's an ill wind that blows no good," is an old truism which now applies to us, but to our advantage. The slowing of the housing market has made contractors easier to negotiate with, and we have been able to advance the schedule for repaving and refurbishing of parking lots; it will begin in November.

Annex I is completely finished except for the changes we required to the flooring. Members of the California National Guard will arrive shortly after the first of the year to work on a number of projects, including the new bus shelters. Important, too, is the opportunity for early voting for those of you who did not file absentee ballots. The continuance of this new program is dependant upon your participation so please check the following article for the details.

Early Voting Available

The General Election takes place on Tuesday, November 9th.

To date, early voting was only available to voters who were registered as Absentee Voters. That can now change. In a new pilot project, hosted by the Home with the help of John Tuteur and his staff, for the first time early voting is available to all employees and members who are *not* Absentee Voters. Monday, October 30th through Monday, November 6th – including the weekend – from 8:30 am to 1:30 pm early voting will be available in the Holderman ACC waiting area near the check-in desk. A poll worker will be there to help you. Please remember to bring your ID and you may want to bring your sample ballot.

The continuance of this Early Voting program is dependant on the number of voters that take advantage of this opportunity. Avoid the long lines and restrictive hours by voting early in the Holderman ACC check-in area.



**Marcella McCormack,
Administrator**

A Day That Can Change Your Life

by Nancy Abruzzini, Volunteer Services

"Everyone can be great because anyone can serve. You don't have to have a college degree or make your subject and verb agree to serve ... You only need a heart full of grace, a soul generated by love."
– Martin Luther King, Jr.

Saturday, October 28th has been designated as national "Making a Difference Day" – a time to note what's being done by volunteers and to seek out new opportunities to be of service. The federal Corporation for National and Community Services hopes to raise the number of volunteers nationwide to 10 million by 2010. Since the 300 millionth American was born last week, that would be only one in thirty. I'm convinced the Veterans Home and the entire Napa valley can do better than that.

On our grounds, we see both sides. Residents receive many benefits from dedicated individuals and organizations from outside. Last year, we logged 104,844 hours from residents and those from the surrounding community, and more were casual "drop ins." Many residents have discovered the satisfaction outweighs the effort. Some are discouraged by envisioning a huge commitment of time and energy. It can be something very simple. Anyone who has been stuck in a hospital knows how slowly the time passes, how predictable the routine becomes. Do you have a butterfly or do you have to pick up a prescription? Allow yourself some extra time, take the elevator up and just drop in on someone. Establishing a connection and having a little chat can give a lift to someone's day.

Did You Know?

Each year on Make a Difference Day, ex-President Jimmie Carter gets out his hammer and saw, and helps to build or rebuild housing in underprivileged areas. There is not a better example of people helping others than this!

Some high profile events are planned across the country on Saturday. The U.S. Coast Guard has gathered and sorted 10,000 new books and a cutter in New York City will deliver them to children waiting on shore. Celebrities will conduct readings while the books are delivered to libraries. In California, Stockton has perhaps done the most planning and has a full day of work: fall planting and painting in city parks, and storm drain cleaning. The Lions Club is coordinating projects in the Youth Center, Family Homeless Shelter

and the Blind Center of Stockton. Anybody know *John's Incredible Pizza*? They will have a busy day delivering to all the volunteers.

Make a Difference Day, initiated in 1990, is an idea that is spreading around the world and countries in Europe will take part this year. The concern, though, is with our own community. If you are one of the Veterans Home's active volunteers, tell others about the satisfaction you get from what you do. If you haven't tried it, Saturday is the day to begin. You'll be glad you did.



VETERANS DAY EVENTS

NOVEMBER 8-11, 2006

NOV. 8 – CELEBRITY CHEF LUNCHEON

11:00 am in the Main Dining Room (Home Members only)

NOV. 9 – DIX BRUCE BAND

2-4:00 pm in the Hospital Recreation Area
plus Veterans Day Commemoration

NOV. 10 – SENIOR CHORALE

11:30 am in the Main Dining Room

NOV. 11 – IRON WARRIORS PICNIC

11:00 am at the Main Picnic Grounds

also

11:00 am – Vets Day Display, Lincoln Theater Lobby

11:11 am – Bells and Moment of Silence

The Media Program has lost one of the Team

By Jody Price, Public Information Officer

The Veterans Home is a wonderful place to live and work. However with that joy comes some sadness once in awhile. I have made the best friends here over the past 8 years and it never gets easy to say goodbye to them. I know that Brock Walton would not want any of us to be sad and instead live life to the fullest. Brock was a guy that did that himself. It was a joy to see him out and about. I ran into Brock everywhere. Once in the grocery store in Napa where he was grocery shopping for another member who was unable to shop for himself.

Brock was a very smart, gentle, kind outgoing man. He did what ever he could to help someone and he went out of his way to make you happy. If you needed a dollar Brock wouldn't think twice about giving it to you and he would never let you repay him ... or even let you know that it might have been his last. He was the first to volunteer to give somebody a ride, a hand, a hug.

Brock never forgot where he came from. He volunteered many, many hours at the East Bay Stand Down, often as tent leader for the Homeless Veterans. He was so proud to be a Veteran and had a way of letting people know that it was ok for them to be proud too. Brock also volunteered at the North Bay Stand Down. He was an advocate for the Veterans Home and wanted to make sure that the information on the home was being given out. He manned the Information Booth for the Veterans Home at the last stand down.

Brock was also a loving father. There wasn't a day that went by that he didn't mention something about his girls and grandchildren. He was so proud of the young women that they had become.

Unfortunately life has its ups and downs and this is a big down for the Home Members and Staff of the Veterans Home. The PIO office is so grateful to have had the pleasure of getting to know this kind man and being able to work with him.

Brock – You will be missed more then words can say.

left - This fountain at Section A was built and dedicated to Lincoln by the Grand Army of the Republic in 1931. Over the years it fell into disrepair. Brock is responsible for saving and renovating this beautiful pond and fountain.



October 27, 2006



October 31st ... Samhain ... All Hallows Eve ... Halloween

This Halloween display can be found in the Lincoln Library. Librarian Ann Snow researched and created this history of Halloween. Stop by and see it in person!

Originally this was a pre-Christian harvest festival which recognized the sun's retreat and the beginning of the Celtic New Year (November 1st on our calendar). Samhain (pronounced Saween) means "the end of summer." Livestock was secured for the winter months and the crops were harvested and stored. A sacred bonfire was lit by the Druid priests. All households were to extinguish their hearth fires at this time. Each head of family then carried home a new fire which was to last until the next Samhain.

The Celts believed that at this time of year, more than any other, the dead were able to mingle with the living. All manner of beings were roaming about; witches, evil spirits, goblins and fairies. Souls of the dead were said to visit places they had frequented in life. The spirits had their fun with the humans as they would frighten, harm or play tricks. Fairies might disguise themselves as beggars going door to door. Humans then tried to placate these otherworld folk with goodies or disguise themselves as one of them; roaming the night. Trick or Treat!

During the Christian era, the pagan festival of Samhain became the Feast of All Saints; still celebrated on November 1st. All Hallows Eve or Halloween is the vigil of the holy day. The date of this annual feast, held in Rome, was originally May 13 in

Continued on page 7

honor of the holy martyrs. In 840 by order of Pope Gregory IV, it became the Feast of All Saints and was moved to November 1st. While helpful to place a Christian feast upon an existing pagan festival, there were some pragmatic considerations as well. May 13 fell long before the harvest time. With the quantity of pilgrims coming to Rome for the feast day, November 1st was more practical as it was after the harvest.

The Feast of All Souls, November 2nd, is a memorial feast to honor all the departed. Since both these feast days were placed upon a time of ancient pagan festivities, some of the traditions became part of the Christian celebrations. For example, putting food on the graves or setting a place at the table for those who have died, the making of soul cakes in Europe and Dia de los Muertos (Day of the Dead) in Mexico.

America and Halloween

In the new world, most of the early settlers were Protestant and Halloween was technically a Catholic holiday. After the Revolution, Halloween still never really caught on in America. Most of the country was farmland and the people too far spread out to share different celebrations from Europe. Eventually, a fall holiday called the Autumn Play Party developed. People would gather and tell ghost stories, dance and sing, feast and light bonfires.

In the late 1800s nearly 7.4 million immigrants came to America. Over 700,000 Irish came here during the Great Famine of the 1860s; bringing their various traditions with them. A successful campaign put Halloween on public calendars and before long the masquerade parties began.

The first city-wide observance of Halloween was in 1921 in Anoka, Minnesota. New York followed in 1923 and Los Angeles in 1925. By this time pumpkins had replaced turnips and Trick or Treat the disguised fairies of the Irish countryside.

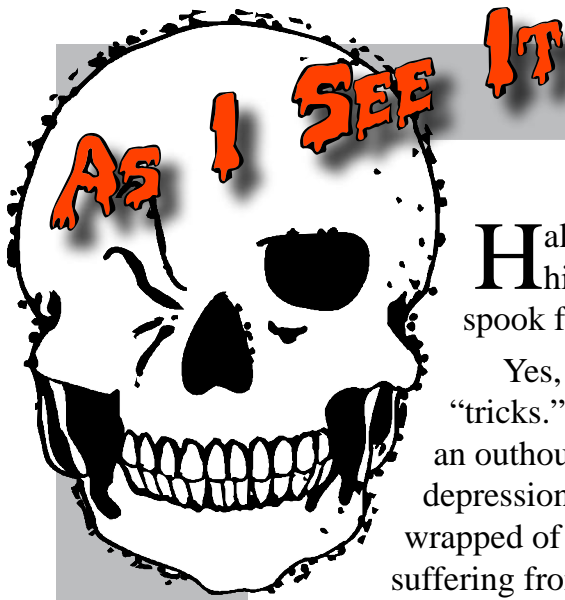
Whether pagan or Christian, we reaffirm death and its place as part of life; as the sun relinquishes her power to the darkness of winter. All Hallows Eve ... celebrate the holy and the magical!

Jack O'Lantern

According to Irish folklore, a drunken, quick-tempered man named Jack succeeded in tricking the devil on every All Hallows Eve. When Jack finally died, he was refused entrance into heaven and the humiliated devil would not allow him into hell. Jack was now destined to roam the darkness of limbo. The devil, in a moment of mercy, tossed Jack a burning coal to help light his way. Jack stuck the coal in a hollowed-out turnip and the Jack O'Lantern was born.

And so why the pumpkin?

When the Irish came to America the pumpkin was so plentiful that it became the preferred Jack O'Lantern over the turnip.



By Lou Zauner

Halloween has been one of my favorite celebrations since I was knee-high to a cornstalk and this year I am anticipating another Home spook fest of excitements and “handouts.”

Yes, “handouts” was what we called our “protection” fee against the “tricks.” Actually, we didn’t know much about tricks ... although, maybe an outhouse or two tipped over ... and anything we got was a “treat.” It was depression time and handouts were usually an apple or penny candy, unwrapped of course. We didn’t worry about germs then because they were also suffering from malnutrition like the rest of us.

Poverty brings out needed resourcefulness, and Halloween costuming was a challenge. Well, actually it wasn’t a challenge since the only costume we had was a bed sheet and a 5-cent ghost mask. We didn’t make the bed Halloween morning because we needed the bed sheet. Wolf masks, also only 5-cents, were in vogue and the kids wore their mother’s brown coat. But since even body had a “wolf at the door” in those days, it became unpopular. We were so poor, our wolf at the door had to bring his own lunch (I stole that from Henny Youngman but just had to throw it in.)

However each year there was hope. I once asked my friend, Garth, what I should “go as” on Halloween. He said, “Just think of the most gruesome thing you ever saw.” That would have been my 4th grade teacher, Lotta Gumbahls. When she hunkered over the pile of test papers she was grading she looked like a gargoyle munching on road-kill.

Since Miss Gumbahls would be hard to duplicate, my mother decided to make me a devil costume. It was divine in a hellish sort of way. Anyway, I was so attractive a girl invited me to her Halloween Party. She was going dressed as a ghoul. So, I was going to the party with a ghoul-friend. (OK, don’t laugh, but I waited at long time to use that Inc.)

I arrived at the appointed party site surprised that it was being held in a church. As I entered I was greeted with shocked stares by the rest of the invited guests who were dressed in a variety of ghastly garb ... but no devils. After deliberation on what to do about me, the minister came over and said I would have to leave because it would give him a poor reputation if he couldn’t keep Satan out of his church. Oh well, my girl friend was surrounded by three other creeps, so she didn’t need me.

For our Halloween Party this year I had a fabulous costume in mind. Pricing it came to over two-hundred dollars ... a long way from my 5-cent ghost mask and bed sheet. So, I went back to thinking of alternatives and remembering my friend Garth who reminded me just to think of the most gruesome thing I ever saw. Each morning when I get up and look in the mirror I think, “gawd you look awful!” The answer is simple. I’ll just go as myself.

Veterans Home Cookbook

"There is no finish line until there is a cure."

The *Veterans Home Relay for Life Team* is in the initial planning stage to develop a "Veterans Home Cookbook." We are asking employees and members to provide us with their favorite recipes which will be sent to a cookbook publisher. Once published, the *Relay for Life Team* will be selling the cookbooks at various events and at *Relay for Life* to raise money for the American Cancer Society. All monies raised from the cookbook sales will be credited to our Relay team.

For those of you without Outlook access, keep a lookout for recipe forms (there is one on the next page) that will be coming to your work area. Please send all recipes to Cathy Sapata, Cookbook Coordinator, in Occupational Therapy by November 30th. We are looking forward to including your favorite recipes! Submit as many as you wish but please remember that we may not be able to include them all.

Thanks for you support, Cathy Vincent, Team Captain and Cathy Sapata, Cookbook Coordinator.

News from the Video Library

Thank you to Richard Garton from Section D for his donation of 50 video tapes. Ruth Gorman from Section H also donated 50 tapes. Thank you, Ruth.

We also need DVDs. Donate your tapes and DVDs. We store the tapes and DVDs and you get to watch them – the perfect solution for those storage problems we all have.

Bernard's Sports

Nov 4	Sat	Breeders Cup, Santa Rosa
Nov 10	Fri	Vet Fund Golf Tournament, Sacramento
Nov 11	Sat	Warriors vs. Detroit
Nov 12	Sun	Oakland Raiders vs. Denver
Nov 18	Sat	Warriors vs. Seattle
Nov 19	Sun	49ers vs. Seattle
Nov 25	Sat	Warriors vs. Utah

Jewelry Fair

Ellora Silver will be here on Tuesday, November 7th with their genuine sterling silver, semi-precious gemstones, and unique designs. They will be in the west hallway to the Hospital Recreation Area on the first floor of Holderman Hospital from 11 am to 4 pm. What a great way to relieve the stress of voting and possibly find that perfect Christmas present! A percentage of proceeds to benefit the American Cancer Society and is sponsored by the Veterans Home Relay for Life Team.

New Bus Service

Effective Monday, October 16th

Every Monday evening there will be bus service from the Sections to the blue canopy entrance to the Hospital for residents to attend Monday Night at the Movies in the Hospital Recreation Area (HRA).

Movies begin at 6:00 pm and end around 8:00 pm. If you have any questions, contact Karl Konzen at 944-4900

RECIPE SUBMISSION FORM

(ONE RECIPE PER PAGE)

For Committee use

Recipe # _____

RECIPE CATEGORIES

- ☐ Appetizers, Beverages,
& Dips
☐ Soups & Salads

- ☐ Breads & Rolls
☐ Vegetables & Side Dishes
☐ Main Dishes & Meats

- ☐ Desserts
☐ Cookies & Candy
☐ Miscellaneous

RECIPE TITLE

SUBMITTED BY

(PRINT EXACTLY AS YOU WANT IT TO APPEAR IN THE BOOK)

INGREDIENTS List of abbreviations: C. = cup; tsp. = teaspoon; T. = tablespoon; lb. = pound; oz. = ounces; pkg. = package; pt. = pint; qt. = quart

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

DIRECTIONS (PLEASE BE VERY CLEAR AND THOROUGH IN YOUR INSTRUCTIONS)



Good Readin'

Let the Games Begin!

The Senior Games have concluded, and a rousing good time it was, too. Did you look in on some of them and think, "I should have entered that." Well, now is a good time to begin preparing for next year. Should you pick something you've already tried or start fresh and learn something new? There are books in Lincoln library to refresh your memory or give you tastes of what a new activity is like.

First off, I found a book that is staggering. Literally. Librarians, taking pity on us, have placed it on a reference shelf three feet from the nearest table. One mighty heave, and you will have before you everything you need to know aboutwell, everything to do with recreational activities. *The Official World Encyclopedia of Sports and Games*, created by "the Diagram Group" (I worry about them; they could take over the world.) covers all games and sports in a surprisingly readable manner. Clearly illustrated, a few pages will give you a grasp of any pastime you choose. Scotch whist? (No, that is not something you order in a bar.) You can learn it here. I want to try "Dictionary" in which you have to cheat to win. My kind of game.

If you omit the athletic pursuits, you can check out something more portable, *Ainslie's Complete Hoyle*. This one differs from some others by including strategies and betting systems. Don't go to Las Vegas without it.

Scarne's Encyclopedia of Card Games is exhaustive on all the rules for all the games you might want to play. The last section begins "Though I would have preferred sparing you this chapter, the average card player knows little about card-cheating techniques and is easily victimized." He then proceeds to teach you how to cheat.

With a ruler I measured how many books in Lincoln library are devoted to the most popular card games -- poker and bridge. Result: 22" of books about poker, 17" about bridge. I was surprised to learn that the amount of money bet on them is about equal. Bridge players are just quieter about it. After observing the bridge competition at the Senior Games, I picked up a just-in new book, *Play Bridge with Mike Lawrence*. Couldn't understand a word of it. This is one for you experienced players.

We have a year to prepare for the next Senior Games. Let's all get started.

Napa Valley Museum Programs & Exhibits



Sat Oct 28 11 am to 4 pm **Hands-on Arts and Crafts Workshop: *Day of the Dead Traditions*** with Local Recycle Artist Constance Shipman. *Dia de los Muertos* (Day of the Dead) is a Mexican tradition that combines Aztec and Roman Catholic practices and beliefs. Observed November 1 and 2, it is a celebration of life and death, when the spirits of recently deceased return to earth for a family fiesta. Drop in and take home a special creation that represents Day of the Dead traditions and history. Free with admission. Call 707.944.0500 for reservations



The Art of Angling: Works on Paper from the Gary Widman Collection

September 2, 2006 - November 5, 2006

Fishing is found in the art of every civilization. Along with hunting, it is the most prominent of sporting themes in Western art and has been used both allegorically and naturalistically to represent man's struggle with the forces of nature and his environment. The history of fishing in art from the time of the Renaissance to the present day is told in *The Art of Angling: Works on Paper from the Gary Widman Collection*.



Lewis and Clark Revisited: A Trail in Modern Day

November 10, 2006 - January 7, 2007

Following in the footsteps of Meriwether Lewis and William Clark as they searched for the Northwest Passage, photographer Greg MacGregor traces the historic 19th century journey west to see the route as it exists today. The exhibition pairs MacGregor's photographs with journal entries from the Lewis and Clark dairies, showing the transformation of the land and its people.



Napa Valley Symphony

Welcome to a Napa Valley Tradition...



Sun, Nov 5 3:00 pm **Classical I : Evelyn Glennie, percussion** The journey of the spirit with Evelyn Glennie, *Percussion*, playing **Berlioz**: Hungarian March; **MacMillan**: Veni, Veni Emmanuel; **Vivaldi**: Concerto for Piccolo Recorder, arr for Vibraphone, **Elgar**: Enigma Variations.

Glennie tours extensively in the northern hemisphere, spending up to 4 months each year in the US, and performs with an extraordinarily wide variety of orchestras and contemporary musicians, giving over 100 concerts a year as well as master classes and 'music in schools' performances. In a live performance she can use up to approximately 60 instruments. She also plays the Great Highland Bagpipes and has her own registered tartan known as "The Rhythms of Evelyn Glennie."

Glennie has been profoundly deaf – meaning that she has some very limited hearing – since age 12. This does not inhibit her ability to perform at the international level. She is the patron of many charities supporting the deaf, young musicians, and people with a variety of disabilities.

Glennie has won many awards for her playing, including Best Chamber Music in the Grammy Awards of 1989 for her recording of Béla Bartók's Sonata for two pianos and percussion (with David Corkhill, Evelyn Glennie, Murray Perahia and Georg Solti).

LINCOLN Theater

Sat
Oct 28
8 pm

Yaelisa & Caminos Flamenco Known as one of the most gifted Flamenco artists of her generation, Yaelisa and the exquisite passion of her Flamenco performances have captured the attention of critics around the world. The Los Angeles Times has called her a “luminary” among flamenco dancers for her extraordinary rhythmic ability, which radiates nothing less than pure emotion infused with sensuality.



Oct 28

Sun
Oct 29
2 pm

Ensemble di Palermo e Teatro Massimo Featuring *Teressa Byrne, Soprano, Peter Girardot, Tenor & Mauro Visconti, Conductor*. Program includes Puccini, Bellini, Verdi, Arditi, Di Chiara, Mascagni, Mozart and Webber. The Ensemble is composed by the first instruments of the *Sicilian Symphony Orchestra*, and by musicians that regularly take part at the events organized by the “Teatro Massimo” of Palermo. Many of them boast numerous participations as international events: “The Coumbus Day Weekend” in New York, the Piedmontese “Grinzane Festival 2004”, a traveling exhibition of performances and literature, realized by the Grinzane Cavour Prize.



Oct 29

Sat
Nov 11
8 pm

Paramount's Original LaserSpectacular featuring *The Music of Pink Floyd and Presented in 3D*. After 19 years of touring, *Paramount's LaserSpectacular* has become a cult classic, presenting the music of Pink Floyd like you've never seen it before. Surrounded by 10,000 watts of concert quality sound, Pink Floyd's musical legacy continues as the bands concept music captures the imagination and carries listeners away on a mind-expanding journey driven by cutting edge effects.



Nov 11

Mon
Nov 13
8 pm

Ballet Folklórico de México Mexico's national dance company was founded in 1952 by Amalia Hernández. Sponsored by the Mexican government, it is headquartered at the National Institute of Fine Arts in Mexico City and regularly tours worldwide. It began as a company of eight dancers that produced dances based on Mexican folklore. Greatly enlarged, today it is recognized as one of the world's preeminent “ethnic” ballet companies and presents a wide range of colorful dances that spotlight Mexico's regions, history & culture.



Nov 13



Residential Care Special Events

Sign ups at Activities Office open 2 ½ weeks before event.

October

Date		Time	Event	Site	Bus	Signup
27	Fri	4:30 pm	Petaluma Elks Dinner		MBS	Yes
28	Sat	8:00 pm	Yaelisa & Caminos Flamenco	LT		Yes
29	Sat	11:00 am	Silverado Dancers	HRA		
31	Tue	1:30 pm	Halloween Party	HRA		

November

1	Wed		Documentary: <i>Life Could be a Dream</i>	HRA		
3	Fri	1:00 pm	Korean War Vets Assn. Visits	HH		
4	Sat	7:30 am	Breeder's Cup		MDR	Yes
		9:00 am	Women Veterans' Luncheon		MBS	Yes
5	Sun	3:00 pm	Classical I:	LT		Yes
7	Tue	8:00 pm	<i>Evelyn Glennie, percussion</i>			
8	Wed	11:00 am	Celebrity Chefs' Luncheon	MDR		
		1230 pm	LeMelange Beauty Academy		MDR	Yes
9	Thu	2:00 pm	Dix Bruce & Veterans Day Comm.	HRA		
10	Fri		Veterans Home State Holiday (offices closed)			
		11:30 am	Senior Chorale	MDR		
11	Sat	8:30 am	Women Vets' Parade, Fairfield		MBS	Yes
		11:00 am	Iron Warriors Picnic	MPG		
		11:11 am	Veterans Day Toast	MDR		
		5:30 pm	Warriors vs. Detroit Basketball		MDR	Yes
		8:00 pm	LaserSpectacular	LT		Yes
13	Mon	8:00 pm	Ballet Folklórico de México	LT		Yes
14	Tue	9:30 am	Fairfield Shopping		MBS	Yes
18	Sat	5:30 pm	Warriors vs. Seattle Basketball		MDR	Yes
19	Sun	1:30 pm	Magic Performance	HRA		
21	Tue		Pre-Holiday Book Fair	HRA		
22	Wed	12:30 pm	LeMelange Beauty Academy		MDR	Yes
23	Thu		Thanksgiving Holiday (offices closed)			
24	Fri		State Holiday (offices closed)			
		8:30 am	Vallejo/CostCo Shopping		MBS	Yes
25	Sat	5:30 pm	Warriors vs. Utah Basketball		MDR	Yes
		8:00 pm	Rhythm of the Dance	LT		Yes
26	Sun	3:00 pm	Rhythm of the Dance	LT		Yes

All activities are subject to change due to bus and driver availability, check with the Activities Office.

KEY – 1C/1D: Hospital 1C/1D patio; Bor: Borman Field; Chp: Chapel; GH: Grant Hall; GR: Games Room; HH: Holderman Hospital; HL: Hospital Lobby; HRA: Hospital Recreation Area; LL: Lee Lounge; LT: Lincoln Theater; MBS: Main Bus Stop; MDR: Main Dining Room; MPG: Main Picnic Grounds; SF: San Francisco; TAV: Tavern; VHC: Veterans Home Cemetery; VGC: Vintners Golf Course; VHL: Veterans Home Lanes; XII: Annex II; Ynt: Yountville; YVP: Yountville Veterans Park.

❀ Paws with Brandy ❀

It's a Dog's Life

Dearies, do you notice something different in the air? The lazy daze of summer is over, and the year is beginning to go by faster. In fact, you only have two shopping days left before Christmas -- if you do your shopping at the Peddlers' Faire. It's usually the first Saturday of the month in Grant Hall. In November it will be on Saturday the 4th, but, in December, it will be bumped to the 9th.

I always stop in the Peddlers' Faire to browse the wares and visit friends. I particularly like the soft and silky stuff (just like moi) that Barbara Reinking brings from Fiber Arts. Don't you weary of plastic and cardboard? Handcrafters leave something of themselves behind in the objects they make. And, what you buy will be unique (again, just like moi).

You can find many other things, too -- watches (nice gift, but I don't need one), jewelry (I like the Native American kind), and knick-knacks. Even some "what-in-the-heck-is-this" things. ❀

*Remember ... only 2 Christmas shopping days
left at the Peddlers' Faire!*



Gov. Schwarzenegger calls on California Veterans to Join **Veterans Pride Initiative**

Governor Arnold Schwarzenegger today asked all veterans living in California to join the "Veterans Pride Initiative" by wearing their military medal on Veterans Day as a way to remind all Californians of the pride and honor they have in their service to this great nation.

"We owe a great deal to our veterans and we should thank them whenever we see a veteran," said Governor Schwarzenegger. "Many times they pass among us quietly living their lives and working their jobs, never boasting of their services or experience. Veterans Day is the one day when they all should proudly boast their service and display their achievements."

"When we see our veterans wearing their medals at parades and ceremonies on Veterans Day we will be reminded of the courage and sacrifice they all made to serve and protect us," said Governor Schwarzenegger. California is home to more than 2.2 million veterans.

For more information go to <http://www.va.gov>, where veterans also can obtain information about how to replace mislaid medals and learn how to confirm the decorations to which they are entitled.

Halloween Party

Tuesday, October 31st

1:30 pm in Hospital Rec Area

Refreshments

Costume Contest

Dress to Impress!



Popular Anti-Aging Supplement not Effective

(Ivanhoe Newswire) -- A popular anti-aging supplement is not worth taking, according to a new study. The research reports dehydroepiandrosterone (DHEA) does not reverse any age-related markers such as muscle strength, peak endurance, muscle mass, fat mass and glucose tolerance.

With the rapid increase in people older than 60, there is a lot of research on slowing the aging process. Researchers from Mayo Clinic in Rochester, Minn., conducted a two-year study focusing on the widely used supplement DHEA.

Study authors say DHEA has been promoted as an anti-aging supplement because it has been associated with longevity in human and nonhuman primates. But this latest research finds there's no evidence that DHEA has any anti-aging effect. The study included 87 men and 57 women who were followed for two years. It was a double-blind, placebo-controlled, randomized trial.

Researchers say the participants showed no change in several aging markers including body composition, physical performance, insulin sensitivity and quality of life. Lead study author K. Sreekumaran Nair, M.D., Mayo Clinic endocrinologist, advises elderly people to stop using DHEA because it is unlikely to offer any benefits.

SOURCE: The New England Journal of Medicine, 2006;355:1647-1659



Week 2 (B)

Main Dining Room Menu

October 29 thru Nov. 4, 2006

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>B</i> <i>R</i> <i>E</i> <i>A</i> <i>K</i> <i>F</i> <i>A</i> <i>S</i> <i>T</i>	Assorted Juices Assorted Cereals Sausage Gravy Biscuit	Assorted Juices Assorted Cereals Cream of Rice Fried Eggs Corned Beef Hash English Muffin	Assorted Juices Assorted Cereals Omelets Salsa Bacon Toast	Assorted Juices Assorted Cereals Creamed Chipped Beef w/ Biscuit	Assorted Juices Assorted Cereals French Toast w/ syrup Sausage Link	Assorted Juices Assorted Cereals Fried Eggs w/ Bacon Breakfast Potatoes English Muffins	Assorted Juices Assorted Cereals Cheese Blintz w/Fruit Compote Sausage
<i>L</i> <i>U</i> <i>N</i> <i>C</i> <i>H</i>	Roast Beef w/Gravy Seasoned French Green Beans Baked Potato w/Sour Cream Bread Boston Cream Pie	Butternut Squash Soup Chicken Marsala Seasoned Broccoli Brown Rice Bread Ice Cream	 Swedish Meatballs Scandinavian Vegetables Buttered Noodles Bread Mandarin Oranges	Beef Brisket w/Gravy Brussels Sprouts Onion Parmesan Potatoes Bread Milano Cookies	Tarragon Chicken Seasoned Broccoli & Cauliflower Mix Wild Rice Rolls Pumpkin Pie	Marinated Beets Crab Cakes w/Tartar Sauce Seasoned Yukon Gold Potatoes Bread Ice Cream	Tossed Salad BBQ Beef Ribs Italian Green Beans Seasoned Corn Bread Rice Pudding
<i>S</i> <i>U</i> <i>P</i> <i>P</i> <i>E</i> <i>R</i>	Battered Halibut Glazed Carrots Red Roasted Potatoes Bread Tropical Fruit	Chili with Beans Mixed Vegetables Vegetables Southern Style Cornbread Tapioca Pudding	Turkey Roast Seasoned Peas with pimientos Bread Dressing Bread Chocolate Cake	Hot Dog with all the fixings Coleslaw Baked Beans Chilled Cherries	Minestrone Soup Lasagna Seasoned Spinach French Bread Fruit Cocktail	French Dip Sandwich w/ Au Jus Mediterranean Vegetables Lemon Meringue Pie	Linguini with Clam Sauce Seasoned Zucchini Winter Mix Foccacia Bread Fresh Grapes

Breakfast: 6:30-8:00

Continental Breakfast: 8:00-9:00

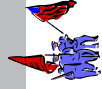
Lunch: 11:00-1:00

Supper: 4:00-6:00

Approved By:

Pat Schultz, RD #622918

*Menu will be adjusted for therapeutic and mechanically altered diets.



Main Dining Room

November 5 thru 11,

Week 3 (C)
2006

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	Assorted Juices Assorted Cereals Malt O Meal Sausage Gravy W/Biscuit Milk/Coffee/Tea	Assorted Juices Assorted Cereals Cream of Rice Fried Eggs Corn Beef Hash English Muffin Milk/Coffee/Tea	Assorted Juices Assorted Cereals Cream of Wheat Omelets Salsa Breakfast Potatoes Bacon Cinnamon Roll Milk/Coffee/Tea	Assorted Juices Assorted Cereals Oatmeal Creamed Chipped Beef W/Biscuit Milk/Coffee/Tea	Assorted Juices Assorted Cereals Grits Cinnamon French Toast Assorted Toppings Sausage Links Milk/Coffee/Tea	Assorted Juices Assorted Cereals Cream of Wheat Fried Eggs Bacon English Muffins Milk/Coffee/Tea	Assorted Juices Assorted Cereals Oatmeal Omelet Potato Pancakes Milk/Coffee/Tea
L U N C H	Roast Turkey W/ Gravy Cranberry Sauce Brussels Sprouts Stuffing Bread Strawberry Shortcake	Lemon Pepper Fish Green Bean Medley Baked Potato w/ Sour Cream Bread Ice Cream	Salisbury Steak W/ Gravy Seasoned Zucchini Winter Mix Mashed Potatoes Bread Chilled Apricots	Veteran's Day Tomato Bisque Prime Rib W/Cabernet Reduction W/Seafood Brochettes Potato Puree Root Vegetables w. Maple Glaze Rolls Chocolate Mousse	Corned Beef Cabbage, Carrots & Onions Boiled Potatoes Rye Bread Oatmeal Cookies	Clam Chowder Seafood Platter W/Lemon French Fries Cole Slaw Bread Ice Cream	BBQ Chicken Seasoned Peas Potato salad Bread Sweet Potato Pie
S U P P E R	Pepper Steak Steamed Rice Broccoli & Cauliflower Bread Fruit Cocktail	Breaded Chicken Breast With or without a Bun Lettuce and Tomato Mixed Vegetables Chilled Peaches	Pork Chop W/Country Style Gravy Yukon Gold Potatoes Seasoned Greens Bread Carrot Cake	Penne Pasta w/Basil Marinara Sauce Meatballs Parmesan Cheese Italian Vegetables Garlic Bread Fresh Grapes	Vegetable Soup Egg Salad Sandwich Lettuce and Tomato Cucumber and Onion Salad Orange Section	Polish Sausage W/Sauerkraut Ranch Style Beans Seasoned Spinach Bread Tropical Fruit	Hungarian Goulash Scandinavian Vegetables Brown Rice Bread Chilled Cherries

Breakfast: 6:30-8:00 Continental Breakfast: 8:00-9:00

Lunch: 11:00-1:00

Supper: 4:00-6:00

Approved By: Pat Schultz, RD #622918

*Menu will be adjusted for therapeutic and mechanically altered diets.

MOVIE NIGHT IN GRANT HALL

Fri, Oct 27 – “United 93” A new (2005) film depicts what may have (probably?) happened to hijacked flight 93 on September 11, 2001. Considered a historical re-enactment of events on the airplane before it crashed. The picture is well crafted and an above average film. If some of the passengers hadn’t overcome the hijackers, the plane may have been crashed into the White House or other major government property.

Wed, Nov 1 – “Gandhi” part 1 This 1982 is a sweeping account of the life and times of Mohandas Gandhi who rose from a position of simple lawyer to become a nation’s leader and a worldwide symbol of peace and understanding. Storytelling at its best in the tradition of film epics, it includes an unforgettable leading performance by Ben Kingsley who won a Best Actor. The film won eight Academy Awards including Best Picture; Best Director, Richard Attenborough; Best Screenplay, John Briley. The outstanding cast includes Candice Bergen, Edward Fox, John Gielgud, Trevor Howard, John Mills, Martin Sheen and John Ratzenberger. The film will be shown in two parts because of its length.

Fri, Nov 3 – “Gandhi” part 2

Wed, Nov 8 – “Frankenstein” This 1931 classic film is considered the definitive monster movie – certainly one of the great granddaddies of its class. The star is Boris Karloff and the cast includes Mae Clarke, John Boles, Colin Clive and Edward Van Sloan. Directed by James Whale. Clive plays the mad scientist, creating a manmade being (monster) giving him a criminal mind by mistake. This DVD is a new release which contains long censored footage which enhances the impact of several key scenes. Based on Mary Shelley’s novel.

Fri, Nov 10 – “Pieces of April” This 2003 release is a funny and sometimes quirky movie. The cast includes Katie Holmes, Patricia Clarkson, Derek Luke, Oliver Platt, Alison Pill, John Gallagher, Sean Hayes and Isaiah Whitlock. The story is about a young woman living in a New York apartment with her new boyfriend and her attempts to prepare Thanksgiving dinner for her dysfunctional out-of-town family. There is apprehension by all concerned about the get together. An above average entertainment for the Thanksgiving season.

Wed, Nov 15 – “Gods & Monsters” A 1998 film is the fictional story of James Wale who was the real-life director of the films “Frankenstein” and “Bride of Frankenstein.” The excellent cast includes Iam McKellen, Brendan Fraser, Lynn Redgrave, David Dukes and Kevin O’Connor. The movie is a very fine rendering of time and place toward the end of the director’s Hollywood life during the 1950s Bill Condon won an Oscar for direction of this three and one half star film. ★ ★ ★ ½



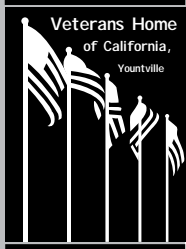
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*Neil Remnant,
Movie
Coordinator*

The AMVETS Service Foundation logo is a circular emblem with a gold laurel wreath border. Inside the wreath is a red circle with the words "AMERICAN VETERANS" in white. In the center of the red circle is a white silhouette of the state of California. Below the red circle, the word "AMVETS" is written in large, bold, gold letters.

The ***Veterans Home Media Program*** gratefully acknowledges the generosity of the ***AMVETS Service Foundation*** in supporting ***KVET TV***, the ***Grapevine***, and the ***Veterans History Program***.

GRAPEVINE

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